

Pan Fried Chicken Chop with Teriyaki Sauce 日式煎鸡扒

(Serves 4/ 4人份)

Recipe by Chef Phang Kok Seng

Ingredients:

Boneless chicken thigh 3 pieces

Seasonings:

Teriyaki Sauce 250g

White sugar 200g

MSG 20g

Japanese Sake 10g

Water 100g



Method:

1. Cut the chicken meat into cubes and marinate with seasonings for 1-2 hours.
2. Use a little oil to fry the chicken until well cooked and serve.

日式煎鸡扒

材料:

去骨鸡腿肉 3个

调味:

万字牌 (Teriyaki) 250g

白砂糖 200g

味精 20g

日本清酒 10g

水 100g

制法:

1. 将鸡肉片成扒形，加入调味料腌至1-2小时
2. 下少许油，把鸡肉煎熟后切块即可